

May 2020
Special Edition #2



THE WHALE WATCH

"Looking Out for Yourself and Others"

Destress Fest: People, Places and Things!

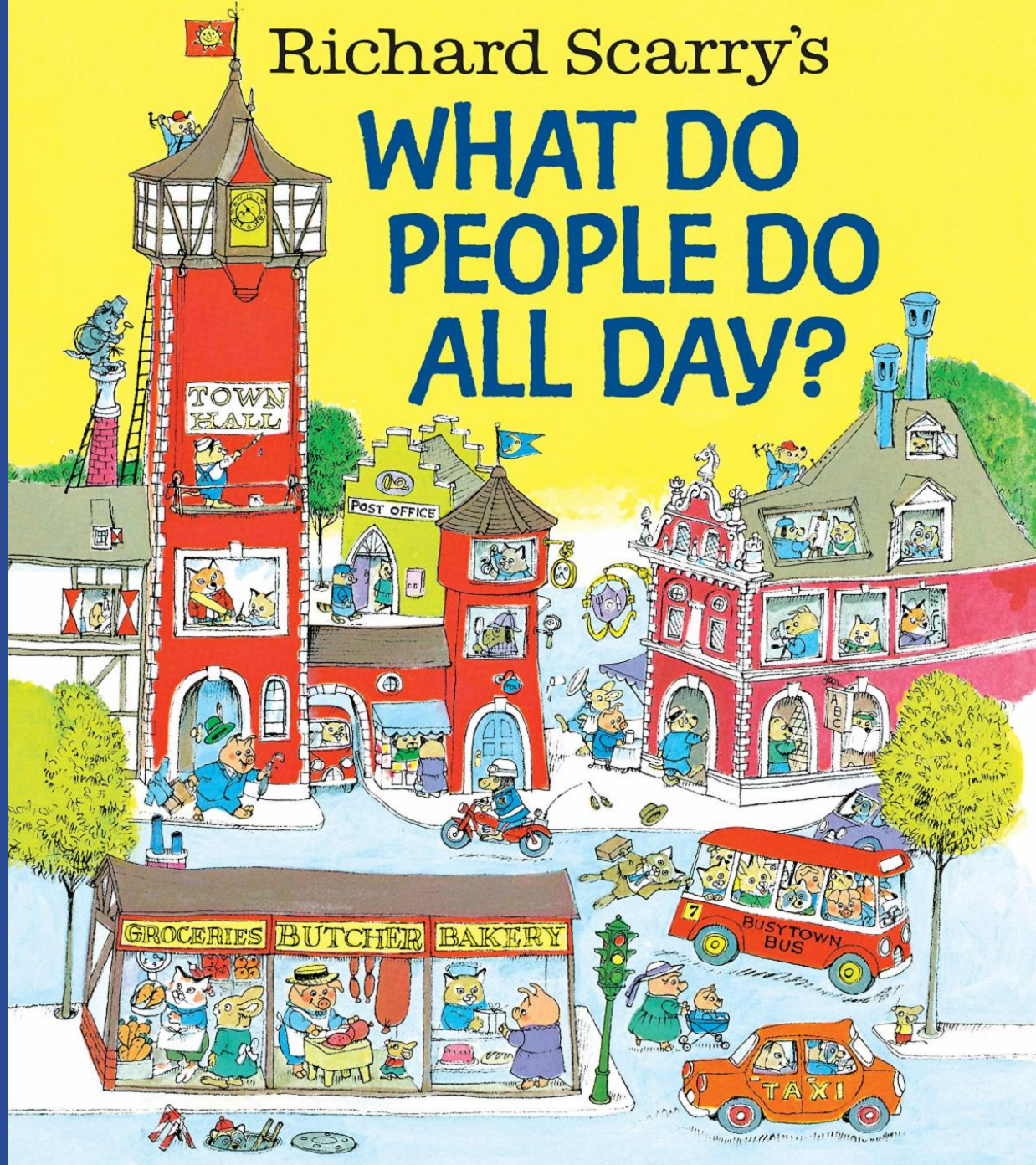
The Center for Student Wellness and Counseling Services (CSWCS) would like to acknowledge that while it deeply saddens us not to be able to celebrate and participate in Destress Fest in person, we are pleased to provide you with online activities and resources for reducing stress.

Our time in quarantine, has brought our attention to the vast amount of amazing people, artists, cultural experiences, creativity, adventures, and beautiful locations throughout the world that are available to us through the web.

Taking time in your day to expose yourself to these experiences can enrich your life and grow your mental and emotional health and well-being. Check out our categories broken down into:

People, Places, and Things!

We invite you to try something new each day!



People

Make Stir Fry with 10 minute cooking lesson with Gordon Ramsay at home and check out his other “Ramsay in 10” videos

Famous Chefs -free online live recording cooking demos (i.e.Porowski, Symon, Boturra)

Quarantuning- Celebrities share their Musical Gifts -Lizzo, Maya Hawke, Cardi B, Steve Martin...

Rock Artists/Bands/Concerts-variety of rock

bands/musical artists offer live performances

Together at Home - Chris Martin (Coldplay), Lady Ga Ga and many others perform live to support frontline healthcare workers and the WHO

LiveStream and Virtual Concerts Billboard

Metropolitan Opera Live Streams - Watch live stream events at the Met!

Andrew Lloyd Weber Musicals – Free livestream of Andrew Lloyd Weber musical productions

Stage Shows, Musicals, and Opera -Free Live Theatre, Shows, Musical Productions-

Broadway Shows – best Broadway shows offered for free streaming

The Show Must Go on - Free time limited - Musical Live Recordings

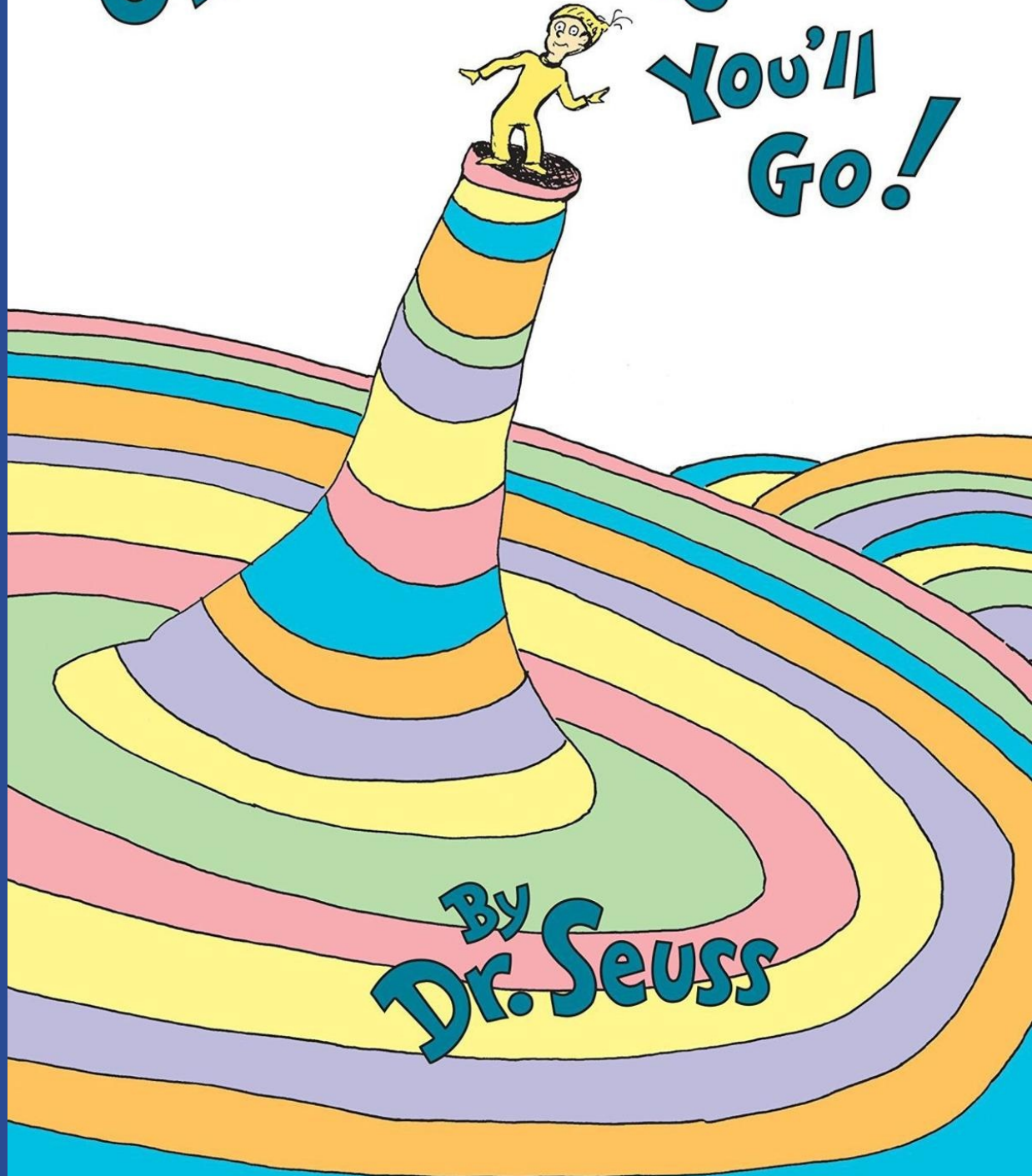
Cirque du Soleil - weekly 60 minute live show recordings

Most Inspiring TED Talks – view most *inspiring* TED talks of all time

20 Most Popular TED -view the top 20 most popular TED Talks of all time

Oh, the Places

You'll Go!



By
Dr. Seuss

Places

[Access to 500 Museums & Art Galleries](#) - Free, online

[Museums from around the world](#) - Virtual, online tours

[Explore Arts and Culture](#) – Google offers a variety of options to explore arts and culture

[Arctic Travel Experts](#) created 'virtual lights over Lapland' tour

Visit Famous Worldwide Destinations – view famous destinations across the world through live cams

Tour Venice-live cam views of the canals and streets

Go to the Beach!- visit beaches across the US through live cams

World beach destinations – visit beautiful beaches across the world

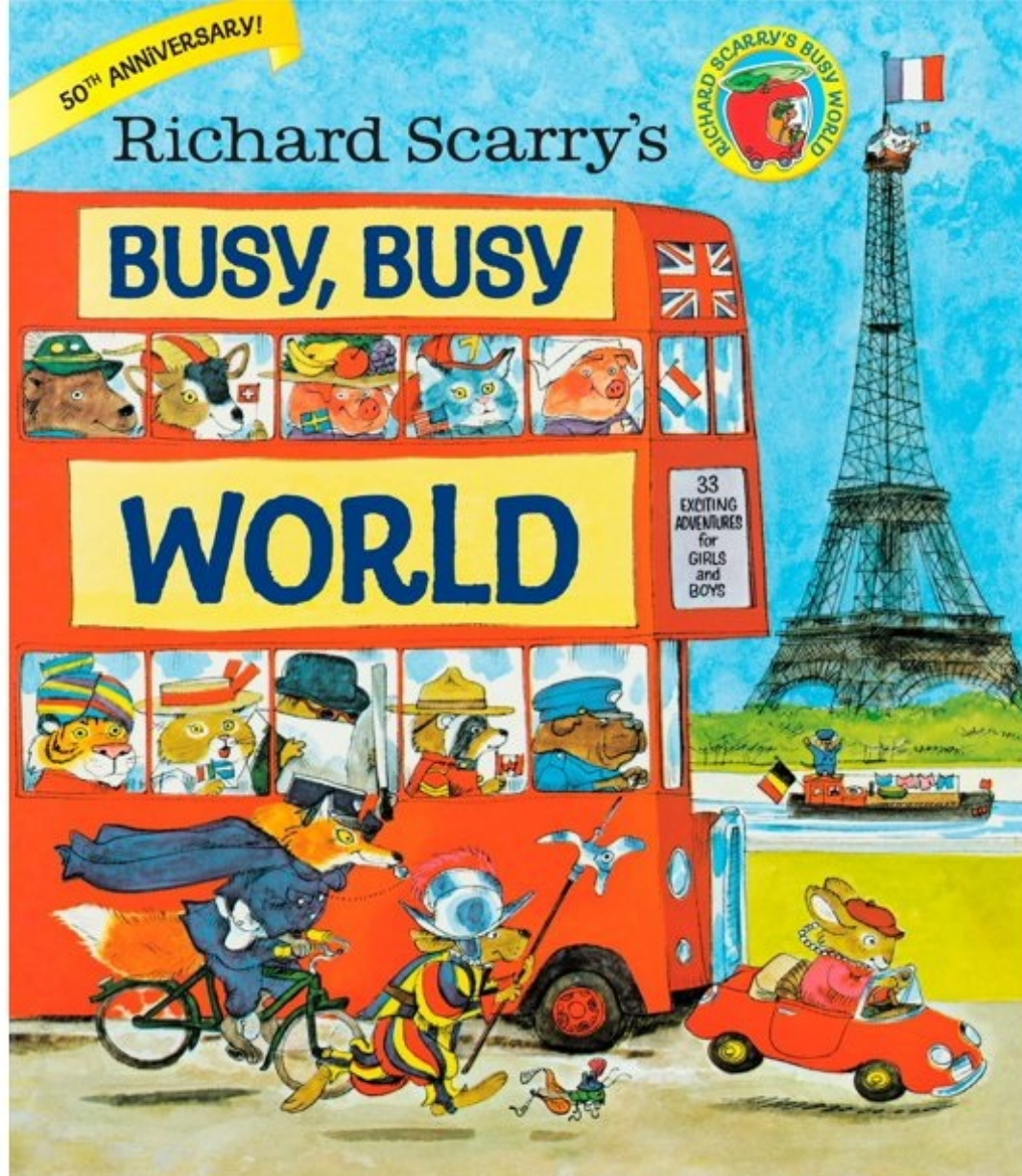
US National Parks Virtual tours – find park in the US you would like to visit

Explore.org–101 live streams of animals and sanctuaries all over the world

See Live Pandas – Choose from an array of live cameras featuring different animals

Edinburgh Zoo – See pandas, penguins, tigers, and a koala

Monterey Bay Aquarium – Live cam



Things

Just Color – Adult coloring options (color at your own risk 😊)

Coloring, Puzzles, How to Draw- variety of coloring sheets, learn how to draw, and puzzles

How to Make a Zine – Create your own mini magazine

Zen Den – explore meditative scenes from nature and wildlife all over the world

Under 10 Minute Yoga Practices Playlist - Yoga with Adriene

Improve Your Memory

Click the link and scroll down for a few free videos in this series

Best Brain Games – top 8 great brain games/apps/websites

Online Poetry Links – links to traditional and non-traditional poetry

Board Games -play board games online

Online Puzzles – access free online puzzles without the mess!

Craft Ideas – from art hacks to tie dye shoes, homemade stationary

Top Woodworking Websites-view top woodworking DIY sites

Best Guided Meditations- Mindful offers the top 10 list of guided meditations

TAO Connect

For more mindfulness and meditation, don't forget to access the Mindfulness library!



SHARE

with us!

Share a link you have found or provide us a pic of what you have been up to; whether it's from one of the links above or one of your own!

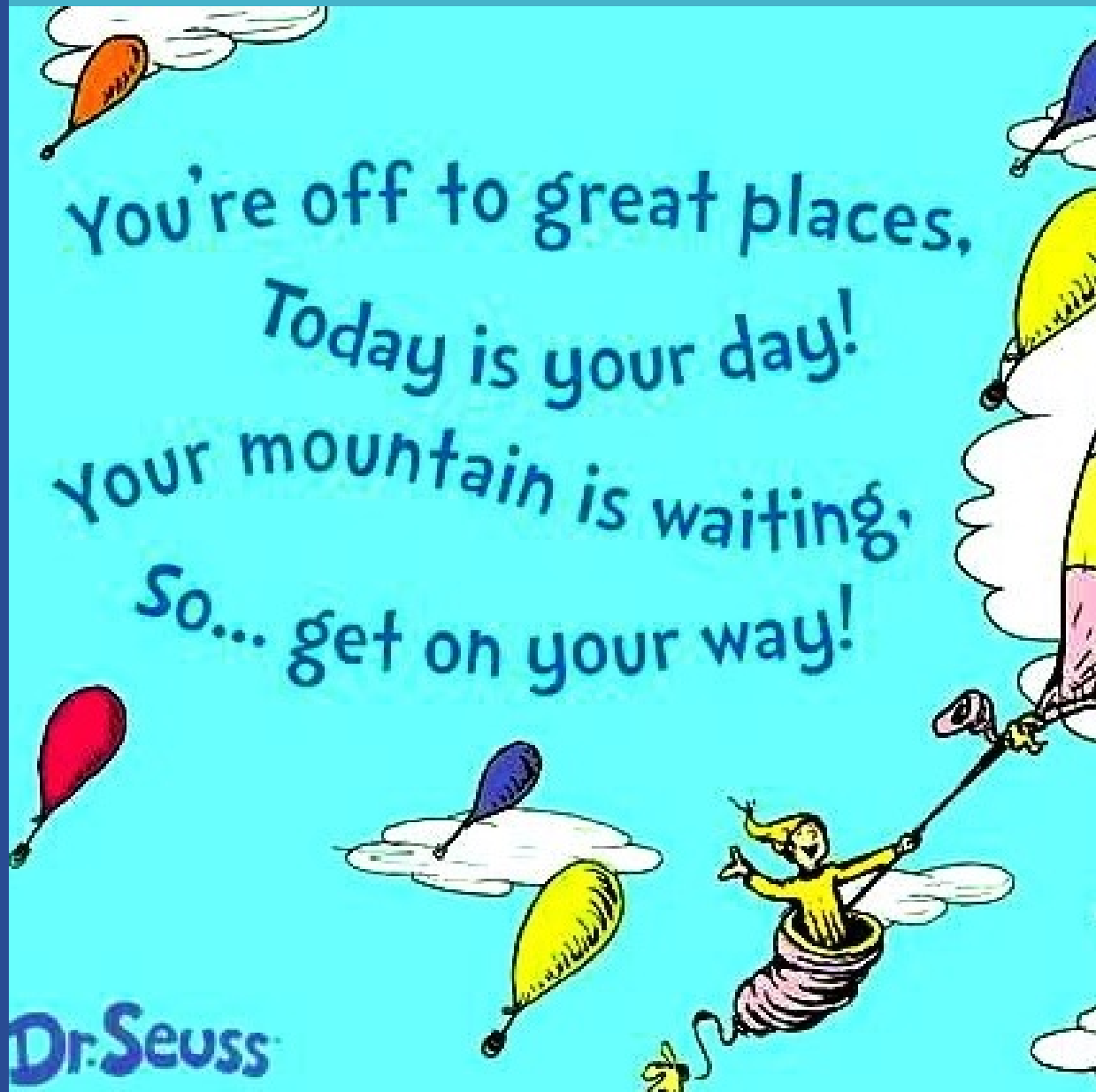
Email CSWCS and we will post it on Friday May 8th.

Email Us!

Chatter[®] pack

Still Want MORE Options?

Check out: **Chatter Pack** if you want an extensive list of awesome web links for all categories of things to do and see check this out!



Visit our [CSWCS](#) page for more resource links, lighthearted videos, and self-help tools. Please continue to monitor your NEOMED email for more information from the University and/or our Center as it pertains to this ever-evolving situation.

and Counseling Services

330.325.6757

neomed.edu/cswc

counseling@neomed.edu

(Local) [Coleman Professional Services](http://neomed.edu/cswc) 330.296.3555

[National Suicide Hotline](http://www.suicidehotline.org) 800.273.8255

[Crisis Text Line](http://www.crisistextline.com) 741-741